

Application/Control No.: 10/578,801  
Examiner: Lori Baker Amerson

**ABSTRACT:**

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**ABSTRACT OF DISCLOSURE**

An exercise apparatus for exercising lower limbs, in particular for exercising lower limbs to perform a cyclic muscular exercise, or consisting of an alternating succession of concentric and eccentric steps, comprises a carrying structure (12), to which at least one seat for the user (13) and a support and guide member (14) of two footboards (15), or support bases for feet, are constrained, as well as an actuator (16) connected to the support and guide, member (14) of the footboards (15), wherein the support and guide member (14) is constrained to the carrying structure (12) by a pin or fulcrum (17) and is adapted for performing a hunting motion on a plane at least on one side relative to a longitudinal axis of the apparatus, the footboards (15) describing a curvilinear trajectory around the fulcrum (17).